



Full Report (All Nutrients) 11007, Artichokes, (globe or french), raw

Report Date: July 04, 2017 19:23 EDT

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:60% Refuse Description: Stem and inedible parts of bracts and flowers

| Nutrient | Unit | 1 | | | 1 artichoke, medium 128g | 1 artichoke, large 162g |
|--------------------------------|------|-----------------|-------------|------------|-----------------------------|----------------------------|
| | | Value Per 100 g | Data points | Std. Error | | |
| Vitamin C, total ascorbic acid | mg | 11.7 | 11 | 0.422 | 15.0 | 19.0 |
| Thiamin | mg | 0.072 | 11 | 0.003 | 0.092 | 0.117 |
| Riboflavin | mg | 0.066 | 11 | 0.005 | 0.084 | 0.107 |
| Niacin | mg | 1.046 | 11 | 0.086 | 1.339 | 1.695 |
| Pantothenic acid | mg | 0.338 | 6 | 0.013 | 0.433 | 0.548 |
| Vitamin B-6 | mg | 0.116 | 6 | 0.007 | 0.148 | 0.188 |
| Folate, total | µg | 68 | 9 | 2.846 | 87 | 110 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 68 | 9 | 2.846 | 87 | 110 |
| Folate, DFE | µg | 68 | -- | -- | 87 | 110 |
| Choline, total | mg | 34.4 | -- | -- | 44.0 | 55.7 |
| Betaine | mg | 0.2 | -- | -- | 0.3 | 0.3 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 1 | -- | -- | 1 | 2 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| Carotene, beta | µg | 8 | -- | -- | 10 | 13 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 13 | -- | -- | 17 | 21 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 464 | -- | -- | 594 | 752 |
| Vitamin E (alpha-tocopherol) | mg | 0.19 | -- | -- | 0.24 | 0.31 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 14.8 | -- | -- | 18.9 | 24.0 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.036 | -- | -- | 0.046 | 0.058 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 12:0 | g | 0.002 | 1 | -- | 0.003 | 0.003 |
| 14:0 | g | 0.002 | 1 | -- | 0.003 | 0.003 |

| Nutrient | Unit | 1 | | | 1 artichoke, medium 128g | 1 artichoke, large 162g |
|------------------------------------|------|---------------|-------------|------------|-----------------------------|----------------------------|
| | | Value Per 100 | Data points | Std. Error | | |
| 16:0 | g | 0.029 | 1 | -- | 0.037 | 0.047 |
| 18:0 | g | 0.003 | 1 | -- | 0.004 | 0.005 |
| Fatty acids, total monounsaturated | g | 0.005 | -- | -- | 0.006 | 0.008 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 18:1 undifferentiated | g | 0.005 | 1 | -- | 0.006 | 0.008 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.064 | -- | -- | 0.082 | 0.104 |
| 18:2 undifferentiated | g | 0.046 | 1 | -- | 0.059 | 0.075 |
| 18:3 undifferentiated | g | 0.017 | 1 | -- | 0.022 | 0.028 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |

Amino Acids

Other

| | | | | | | |
|----------------|---|-----|----|----|-----|-----|
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
|----------------|---|-----|----|----|-----|-----|

Flavonoids

Flavanones

| | | | | | | |
|---------------------------|----|------|----|------|------|------|
| Naringenin ^{1 2} | mg | 12.5 | 10 | 2.46 | 16.0 | 20.2 |
|---------------------------|----|------|----|------|------|------|

Flavones

| | | | | | | |
|-----------------------------|----|-----|----|------|-----|------|
| Apigenin ^{1 2 3 4} | mg | 7.5 | 25 | 0.81 | 9.6 | 12.1 |
|-----------------------------|----|-----|----|------|-----|------|

| | | | | | | |
|---------------------------|----|-----|----|------|-----|-----|
| Luteolin ^{1 2 4} | mg | 2.3 | 13 | 0.48 | 2.9 | 3.7 |
|---------------------------|----|-----|----|------|-----|-----|

¹Schutz, K., Kammerer, D., Carle, R., and Schieber, A. Identification and quantification of caffeoylquinic acids and flavonoids from artichoke (*Cynara scolymus L.*) heads, juice and pomace by HPLC-DAD-ESI/MSn, 2004 J. Agric. Food Chem. 52 pp.4090-4096

²Wang, M., Simon, J.E., Aviles, I.F., He, K., Zheng, Q-Y., Tadmor, Y. Analysis of antioxidative phenolic compounds in artichoke (*Cynara scolymus L.*), 2003 J. Agric. Food Chem. 51 pp.601-608

³Ferracane, R., Pellegrini, N., Visconti, A., Graziani, G., Chiavarro, E., Miglio, and Fogliano, V. Effects of different cooking methods on antioxidant profile, antioxidant capacity, and physical characteristics of artichoke., 2008 J. Agric. Food Chem. 56 pp.8601-8608

⁴Lattanzio, V., and van Sumere, C.F. Changes in phenolic compounds during the development and cold storage of artichoke (*Cynara scolymus L.*) heads., 1987 Food Chemistry 24 pp.37-50